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ABSTRACT

This guide provides information for mothers-to-be about pregnancy and parenthood. General guidelines about many issues related to pregnancy and parenting are presented. Included are sections on the importance of the mother's health and prenatal care; signs of pregnancy and pregnancy testing; choosing a health care provider; what to expect during prenatal care visits; nutrition for mother's and baby's health; the harms of smoking during pregnancy; descriptions of the mother's physical changes and the baby's development in each trimester; drug and alcohol use during pregnancy; the importance of rest; pregnant women with AIDS; exercise and sex during pregnancy; hazardous substances to avoid during pregnancy; feeling the baby's presence; mutual support between parents and support from significant others; childbirth; learning to love your baby; getting help at home; and the baby's health care. A list of toll-free numbers from New York State Human Services is provided. (GLR)

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HAVING A Baby

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A Family Guide to Pregnancy

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Matilda Raffa Cuomo
Executive Mansion
Albany, New York 12202

Dear Parent-To-Be:

Congratulations on your pregnancy! You are at the beginning of a wonderful experience. You will soon be holding a new life in your arms. Being a parent is a joy. Parenting is also hard work. The rewards are well-worth the effort.

Right now, your job is to take care of yourself. If you do not take care of yourself, you and your baby will both suffer. Don't take drugs, don't drink alcohol, and don't smoke. These actions can cause babies to be born with low birth weight, mental retardation, and other problems that can be fatal.

Everyone agrees that good prenatal care can prevent these problems. The information in this new booklet, Having a Baby: A Family Guide to Pregnancy, can help you and your baby get a healthy start in life together. Take all the advice to heart. Most importantly, be sure to get health care while you are pregnant. Keep your appointments with the doctor or clinic. Ask questions about the things that worry you. It's your responsibility -- your baby's development depends on you. Remember, a healthy baby is a mother's greatest reward.

When your baby is born, your hospital nurse will give you a free copy of Welcome To Parenthood: A Family Guide. In the back pocket of the Welcome to Parenthood book, you'll find a resource listing of parenting programs and services in your county and region. Don't leave the hospital without these gifts for you!

Best wishes for a bright future with your healthy baby.

Sincerely,

Matilda R. Cuomo

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HAVING A BABY

A Family Guide to Pregnancy

What It's About

This booklet is about pregnancy and becoming a parent. Are you:

- Pregnant?
- A father-to-be?
- Planning to start a family?
- Or, planning to add a new child to your family?

Read this booklet carefully. It has good advice to help you make sure your baby gets a healthy start.

Thoughts About Parenthood

Is this your first pregnancy? Then the thought of becoming a parent may be scary! If you already have children, you know that raising a child is a big job. Keeping your family happy and healthy will keep you very busy. Parenting is important work that has many rewards. You will feel love and joy as you help your child grow and develop.

Different Families

Today there are many kinds of families. Moms and dads may live together . . . or they may live apart. Grandparents, aunts and uncles may be nearby . . . or far away. Both parents may work at jobs outside the home . . . or one parent may be home. Whatever your family is like, you will need help. As you go through pregnancy and childbirth, you will need a support person. This can be the baby's father, a friend, or relative. Think about the people you trust and who can help you. Write their names and phone numbers on the next page. Keep this booklet close at hand, so you know where to find them.

When I Need Help . . .

People I can call upon for help and support during my pregnancy:

Name	Home Phone	Work Phone
Name	Home Phone	Work Phone
Name	Home Phone	Work Phone

Person who will assist me during my labor and delivery:

Name	Home Phone	Work Phone

My caregivers:

Clinic or Health Center	Office Phone	After-hours Phone
Name of Primary Caregiver (doctor or nurse-midwife)		
Hospital or Birth Center	Phone	
Emergency Room	Phone	

Agencies that can help:

Local social services agency for Medicaid and income maintenance	Phone
Local WIC agency for food assistance	Phone
Other agencies	Phone

When Parenting Begins

Your job as a parent begins with good planning — even before you become pregnant! Why do you need to plan for a pregnancy? Because you must take care of yourself to have a healthy baby. Your good health is very important — especially in the first three months of pregnancy. This is when your baby's brain, heart, lungs, eyes, ears . . . all the major organs . . . are formed. And, you may not even know you're pregnant right away!

Many women don't know they're pregnant for at least three weeks. So, if you're planning to have a baby, or think you may be pregnant, take good care of yourself:

- Don't smoke.
- Don't drink alcoholic beverages.
- Don't take any drugs without a doctor's advice.

These things can hurt your developing baby. They can cause mental retardation, physical deformities or serious health problems in your baby.

Your good health is very important — especially during the first three months of pregnancy.

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In addition to "don'ts," there are "do's" — good health practices — that are important before and during pregnancy:

- Get regular medical check-ups.
- Watch your weight.
- Eat nutritious foods.
- Get regular exercise.
- Take care of your teeth and gums.
- See a dentist for regular check-ups.

If you need help to pay for your health care, call your city or county social services and health departments to find out about health care programs you may qualify for. Or, call the state's toll-free **Income Maintenance Hotline: 1-800-342-3009**.

You need to eat a variety of foods that keep you healthy and nourish your growing baby.

Signs of Pregnancy

For most women, the first signs of pregnancy are:

- **missed period**
- **nausea, possibly with vomiting**
- **frequent urination**
- **tender, swollen breasts**

Pregnancy Testing

These symptoms won't always mean that you are pregnant. You need a pregnancy test to be sure you are pregnant. You can buy "in-home" pregnancy tests, but they are expensive, and are not always accurate. It is best to have a pregnancy test done by a health professional. To get a pregnancy test, make an appointment with your doctor, nurse-midwife, or a family planning clinic.

Start Prenatal Care Early

Prenatal care is the health care a woman receives during her pregnancy. Early and regular prenatal care is very important to help you have a healthy pregnancy and a healthy baby. Don't delay — start today!

To find out about free pregnancy testing and prenatal health care, call the toll-free Healthy Baby Hotline:
1-800-522-5006.

Choosing a Care Provider

You and your baby can get good prenatal care from many types of health care providers:

Obstetricians - are doctors who have special training in women's health, pregnancy and childbirth.

Certified Nurse-Midwives - are registered professional nurses who have special training in prenatal care and childbirth. Nurse-midwives can take very good care of women who have normal pregnancies. If a problem arises, or you have special needs, a nurse-midwife will refer you to an obstetrician.

Family Practice Physicians - are doctors who have special training in family health care. These doctors can take care of women who have normal pregnancies. If a problem arises, or you have special needs, he or she will refer you to an obstetrician.

Be sure to choose the type of caregiver that's right for you! Find a caregiver:

- Who's easy to talk with
- Who makes you feel relaxed
- Who will consider your special needs and wants

Meet with your caregiver in person before you make a final decision. Ask questions! Remember, there's no such thing as a dumb question!

Questions for Care Providers

It's a good idea to bring a list of questions with you. Here are some questions you may want to ask:

- Can my partner or another support person come with me to my prenatal care visits? Can he or she help me during labor and delivery?
- How long is a normal visit? Is there time for questions and answers during each visit?
- Do you provide nutrition counseling?
- Will I see you at every visit? If I will be seeing more than one caregiver, who will be my "care coordinator?" When can I meet him/her?
- Where will I deliver my baby? Do I have a choice of hospitals?
- Will I have choices about my care? Will you try to consider these choices in my prenatal care and childbirth experience?

Choose the type of caregiver that's right for you.

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Prenatal Care Visits

The average pregnancy lasts about nine months. Throughout your pregnancy you will have regular check-ups, called prenatal visits. During the early part of your pregnancy, you should visit your caregiver once a month. At the beginning of the eighth month, you should see your caregiver every two weeks. During the ninth month, you should see your caregiver every week.

The First Visit

Your first visit will probably be your longest. You'll be asked a lot of questions about your health. Your caregiver will want to know the date of the first day of your last period. This will be used to estimate your "due date" — the approximate date your baby will be born. And, you will probably want to ask a lot of questions yourself about your pregnancy, your health care, and childbirth. Make a list of the things you want to ask or say.

Here's what will happen during your first visit:

- You will be weighed.
- You will be asked to give a sample of urine.
- Your blood pressure will be taken.
- A blood sample will be taken and tested.
- An internal pelvic exam will be done. Your caregiver will feel the size of your womb and judge the age of your baby.
- A Pap test will be done to check for any abnormal cells on the cervix (opening to the womb) that might be a sign of problems.

Later Visits

Later prenatal visits are shorter. Your weight, urine and blood pressure will be taken. Your caregiver will feel your abdomen to check your baby's position and growth. And, he or she will listen to your baby's heartbeat. You'll be able to listen to the heartbeat, too. If your caregiver doesn't offer to let you listen, be sure to ask!

Again, ask any questions that you have. Talk about anything that is worrying you. Talking with your caregiver during prenatal visits is just as important as the examinations and tests.

Keep Your Appointments

Go to all your appointments. If you can't make an appointment, try to call your caregiver at least 24 hours in advance. Always be sure to make a new appointment. If you have a problem getting to your appointment, or need care for other children during appointments, ask for help. Your caregiver may have good suggestions for dealing with these problems.

Take Care of Yourself

In between your prenatal care visits, you need to take good care of yourself to keep you and the baby well.

Eat the Right Foods

You need to eat a variety of foods that keep you healthy and nourish your growing baby. Check the list on the next page for the kinds of foods you need.

Weight Gain

Weight gain varies from one woman to another. Expect to gain 20 to 30 pounds during the nine months. Follow your caregiver's advice on how much weight you should be gaining.

You may be able to get free, nutritious foods through the Special Supplemental Food for Women, Infants and Children (WIC) Program. To find out, call:

1-800-525-2521

(toll-free).

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Essential Nutrients & Their Sources

These are the nutrients that you and your baby need for good health:

Nutrients	Sources
Protein	Fish, poultry, eggs, milk, cheese, lean meats, nuts and dried beans
Calcium	**Milk, cottage cheese, cheese, yogurt and other milk products**
Carbohydrates	Fruit, whole grain cereals and breads, potatoes, pasta and dried beans
B Vitamins	**Brown rice, cracked or whole wheat, rye and wheat germ**
Vitamin C	Green peppers, potatoes, grapefruit, oranges, orange juice, cantaloupe, strawberries, tomatoes and papaya
Vitamin D	**Milk, salmon, sardines, eggs, butter, margarine and liver**
Vitamin E	Vegetable oils, whole grain cereals and breads, wheat germ and leafy vegetables
Iron	**Liver, prunes, raisins, kidneys, black strap molasses, green leafy vegetables, lean meat and fortified cereals**

Smoking

If you smoke, stop now! Smoking can cause great harm to you and your baby. Here are some tips on how to quit:

- Don't think about never having another cigarette. Take it one day at a time.
- Drink lots of water and other fluids.
- When you feel like reaching for a cigarette, reach for a carrot stick instead.
- Take a walk and get some fresh air.
- Ask your caregiver for help.
- Call the toll-free **Stop Smoking Hotline: 1-800-4CANCER**.

Smoking can cause great harm to you and your baby.

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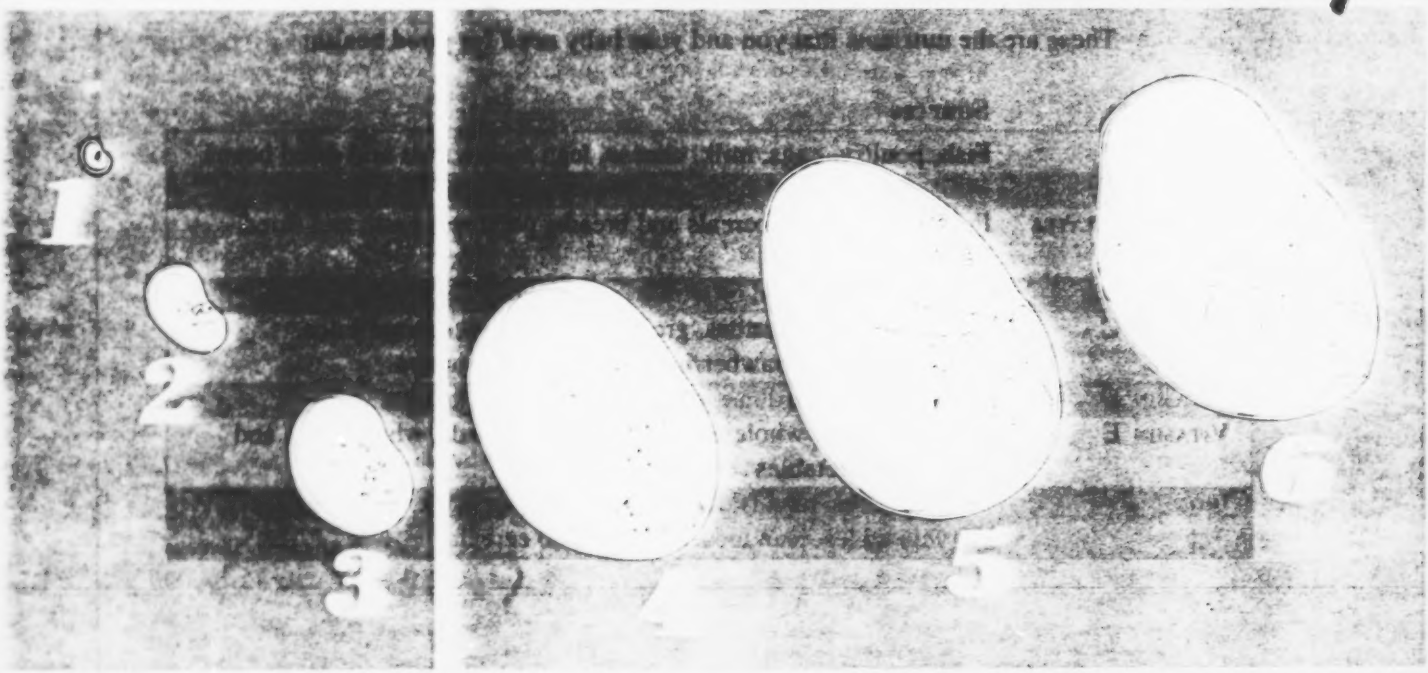
What's that baby



First Trimester (Figures 1-3)

(first 12 weeks of pregnancy)

Your Baby:

- ❑ During the first month of pregnancy, the developing baby is called an embryo. From months 2 through 9, he or she is called a fetus.
- ❑ The fetus grows to 3 inches in length and one ounce in weight during the first three months.
- ❑ All the major organs are forming, and the heart is beating.
- ❑ The fetus begins to move its hands, legs, and head and begins to develop into a boy or girl.

Your Body:

- ❑ You may not notice any physical changes during this time. You probably will not gain much weight, or look different.
- ❑ During the first month, you may have some slight vaginal bleeding, and an increase in vaginal mucous discharge. Always tell your doctor about any vaginal bleeding.
- ❑ You may urinate more often, and move your bowels less often.
- ❑ You may feel sick to your stomach.
- ❑ Your breasts may be bigger and feel sore. As the bones in your pelvis move to make room for the fetus, you may have pain in your lower back and legs.

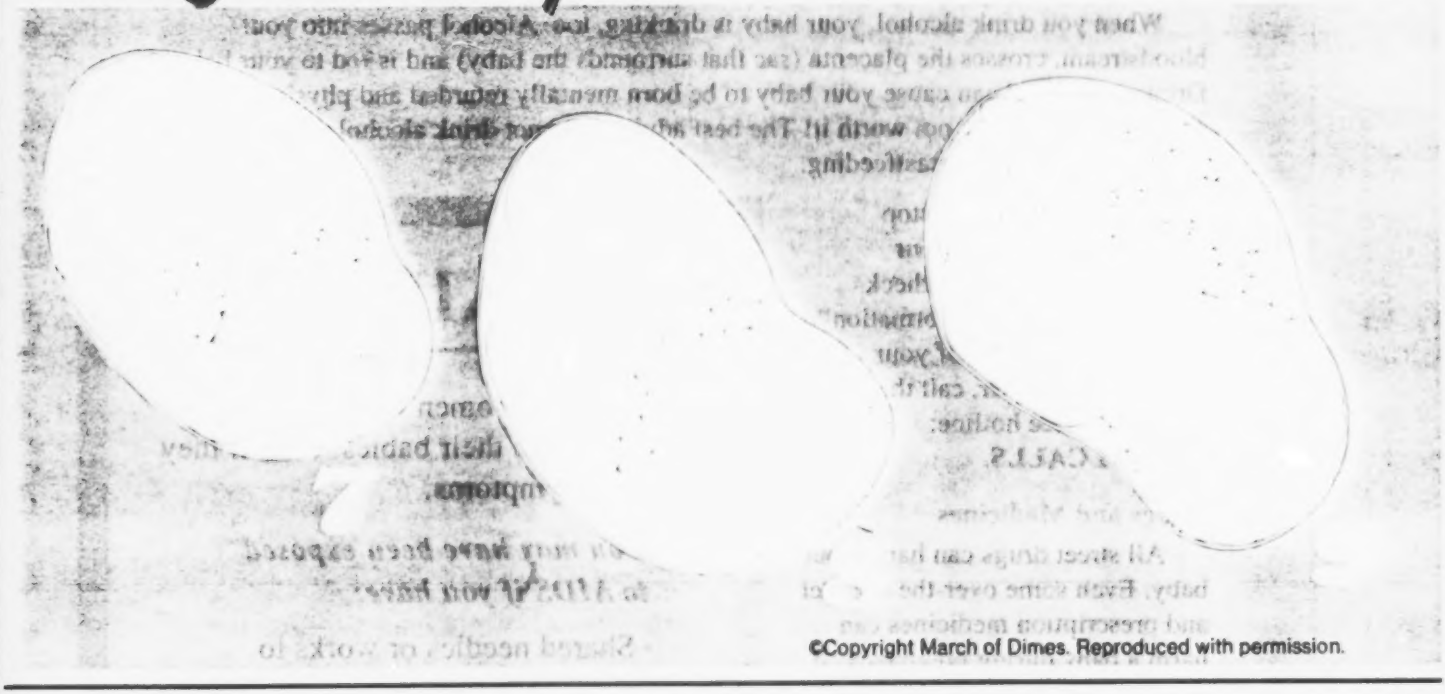
Second Trimester (Figures 4-6)

(13th to 26th week)

Your Baby:

- ❑ The fetus grows to 14 inches and 1½ pounds.
- ❑ The umbilical cord carries blood and nourishment to the fetus.
- ❑ Eyelashes and nails grow.
- ❑ The fetus can now kick, cry, and suck his or her thumb.

doing inside you?



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❑ His or her heartbeat can be heard through a stethoscope.

Your Body:

❑ The fetus is less than the length of your hand, but your waist starts to thicken. You outgrow your clothes. You can feel the baby move.

❑ You should be gaining weight now — an average of 3 to 5 pounds per month.

❑ Your stomach gets big. The skin over your stomach feels stretched. Pink or reddish lines may appear.

❑ Your nipples may darken and leak a thin, yellow fluid called colostrum. It is not milk.

Third Trimester (Figures 7-9)

(27th to 38th week)

Your Baby:

❑ By the end of the seventh month, your baby's growth is nearly complete. You can feel him or her moving and kicking.

❑ Your baby's eyes open, hair gets longer, and fingers have fingernails!

❑ In the eight or ninth month, the baby usually moves into the birth position — that is, head down — in the womb.

❑ Just before birth, the baby weighs approximately 7 pounds and is about 20 inches long.

Your Body:

❑ Your womb is now very large and firm. You may feel it hardening from time to time. These normal contractions become more frequent as you become more pregnant. The baby moves lower, making your breathing easier.

❑ You are still gaining weight. Your navel will probably be pushed out.

❑ Ankle swelling is common. Rest, with your feet raised, whenever you can.

❑ The baby's movement and position can make it hard to sleep.

Alcohol

When you drink alcohol, your baby is drinking, too. Alcohol passes into your bloodstream, crosses the placenta (sac that surrounds the baby) and is fed to your baby. Drinking alcohol can cause your baby to be born mentally retarded and physically deformed. A drink is not worth it! The best advice is to not drink alcohol at all while you are pregnant or breastfeeding.

If you need help to stop drinking alcohol, ask your caregiver for help. Or, check under "Alcoholism Information" in the Yellow Pages of your telephone book. Or, call the state's toll-free hotline: **1-800-ALCALLS**.

Drugs and Medicines

All street drugs can harm your baby. Even some over-the-counter and prescription medicines can harm a baby during pregnancy. If you have been taking drugs, tell your caregiver. Ask him or her for help to stop using the drugs. Or, call the state's toll-free **Substance Abuse Information & Referral Line: 1-800-522-5353**.

Rest

Your body is working hard to nourish the baby growing inside you. You will need more rest now. Go to bed a little earlier at night. Rest with your feet up when you can. Take a nap during the day.

AIDS

Pregnant women who have AIDS can give it to their babies, even if they have no symptoms.

You may have been exposed to AIDS if you have:

- Shared needles or works to shoot drugs.
- Had sex with a man who shoots drugs.
- Had sex with a bisexual man (a man who has had anal sex with another man).
- Had sex with men whose health, drug use, or sexual histories are not known to you.

If there is even the slightest chance that you have been exposed to AIDS, ask your caregiver to give you a test for the AIDS virus. For free advice and confidential testing, call the state's toll-free hotline:

1-800-541-AIDS

Exercise

You'll need some exercise while you're pregnant. You and your caregiver should decide how much exercise is good for you. Here are some tips:

- Keep to the routine you followed before you became pregnant.
- Don't start any new strenuous physical activities.
- Walking is a good exercise during pregnancy.
- Don't let yourself get tired or overheated.
- Stop when you feel uncomfortable.

Sex During Pregnancy

Most women can continue to have sexual intercourse right through pregnancy. It doesn't hurt the baby. Talk with your caregiver if you have any worries or concerns. During later pregnancy, sex may be uncomfortable. It may help to try some different positions.

Hazardous Substances

There are some things commonly found at home or work that won't hurt you but can hurt your baby. Here are some things all pregnant women should avoid.

At Home

Raw meat and cat feces may contain bacteria that will cause toxoplasmosis. This disease can cause mental retardation in the baby. Do not eat any raw meat. If you have a cat, have someone else change the litter. Always wash your hands well after playing with a cat and before meals.

Be sure to read labels on cleaning products and other household chemicals. Avoid using things that can be harmful to pregnant women.

At Work

Most pregnant women can work until their babies are born. But it could be risky for you to work while you're pregnant if:

- you work with chemicals or lead.
- you are exposed to radiation.
- your work is very strenuous and tiring.

Your caregiver, your personnel department and your union representative can help you check on any risks. If your job is not safe for you and your baby, ask to be moved. For information on the health risks of specific substances, call the toll-free **Environmental Health Information Line: 1-800-458-1158**.

Getting to Know Your Baby

Sometimes it may be hard to believe that there is a baby growing inside you. After all, you can't see or hear the baby. But, from the fifth month on, you will be able to feel the baby move, kick and sometimes hiccup! You and your baby can start to know each other even before he or she is born. Here's how:

- Massage your abdomen. Your baby will learn to recognize your special touch.
- Sing and talk to your baby. During the later part of pregnancy, your baby can hear some sounds!
- Rock your baby. Gentle rocking can comfort you and your baby.

Fathers

Fathers share many of the worries, problems and pleasures of pregnancy. They also face some hard times of their own. At first, many fathers find it hard to believe the baby is really there. That's natural. When they can feel the baby moving, they get a real sense of the baby's presence. Fathers may worry about money problems. And, some may feel they're not getting enough attention.

Pregnancy is a strain on any relationship. Both you and your partner will need loving care and support. Remember to:

- Spend time alone together.
- Be affectionate.
- Talk about feelings.
- Be good to each other.

Both you and your partner will need loving care and support. Remember to spend time alone together.

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The Birth of a Parent

It's normal to have different feelings as your pregnancy progresses and you prepare for childbirth. You are going through many changes right now. The birth of a baby is only half of the "big event" that will soon happen. There will also be the birth of a parent — you! At times you may feel very excited and happy about the upcoming birth. Other times you may worry about things.

Talk With Others

It's natural to have some worries during pregnancy. You may feel low from time to time. It helps to talk with your partner or someone close to you. Be sure to discuss your worries and concerns with your health care provider. Getting answers to your questions will make you feel better. The more you know, the less you will fear!

Some questions and worries that many pregnant women have are:

- Will childbirth be painful? Will I be able to cope?
- Will my baby be normal and healthy?
- What will my baby look like?
- How will I take care of my baby and still do all the other things I have to do?
- Will my relationship with my partner change?
- Why don't I feel happier?

Childbirth

Childbirth is a natural event. Millions of women have experienced it! Labor is painful, but it is not more than you can bear. The more prepared you are, the easier childbirth will be. Ask your caregiver about how to register for childbirth preparation classes. Then attend them! You will learn what happens during childbirth and how you can make it easier for you and your baby.

You can also get information about childbirth and the choices available to you in a free booklet from the New York State Health Department, **"Your Guide To A Healthy Birth."** Ask your caregiver, clinic or hospital for a copy of the booklet, or write:

HEALTHY BIRTH
Box 2000
Albany, NY 12220

Learning to Love Your Baby

Once your baby is born, you will feel:

- ***Proud*** - because you have worked hard to have a healthy pregnancy and birth. Congratulate yourself!
- ***Relieved*** - that the pregnancy and birth are over.
- ***Tired*** - from the hard work you did during labor and delivery.
- ***Happy*** - as you hold your new baby.
- ***Worried*** - about whether you will be a good parent.

Many women think they will love their babies "at first sight." Don't worry if you don't. It may take some time for you and your baby to adjust to life together.

You and your baby started to get to know each other while you were pregnant. After your baby is born, you'll learn to love each other by:

- Holding your baby often.
- Breastfeeding your baby, or holding your baby close to you when bottlefeeding.
- Gently rocking your baby.
- Singing and talking to your baby.

Congratulate yourself! You have worked hard to have a healthy pregnancy and birth.

Getting Help at Home

Life at home with your baby will be fun at times. But it will also be hard work. Get help when you need it. You'll need a break from time to time — to go shopping, get your hair done, have lunch with a friend, or to spend time alone with your partner. Find someone you trust to take care of your baby. Ask people who are close to you — your partner, friends and relatives to help.

If you need to get out, but can't find help, take the baby with you. Never leave your baby alone.

Your Baby's Health Care

As soon as your baby is born, he or she should start regular health care and check-ups at a doctor's office or health clinic. And, whenever you have a question about your baby's care, or you think your baby has a health problem, call your baby's health care provider.

Holding your baby close to you when breastfeeding or bottlefeeding will help you and your baby develop a loving relationship.

Welcome to Parenthood

The more you know about taking care of a baby, the easier your job as a parent will be. Do you know what to do when your baby cries? Or, if baby's sick? **"Welcome to Parenthood: A Family Guide"** will help. This book is written for new parents and is being given, free, to all parents by hospitals. Be sure to ask for your copy. It has tips for coping with a new baby and a list of services in your community. Don't leave the hospital without it.

You can also take classes in parenting and baby care offered by your hospital or local social services department. Ask your health care provider about available classes.

With Best Wishes . . .

Congratulations on your pregnancy and best wishes for the future. Remember, be good to your baby *before* and *after* your baby is born. When you need help, call on those closest to you, and use the phone numbers for special services listed in this booklet. May you have a happy, healthy baby!

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Life at home with your baby will be fun at times. But it will also be hard work.

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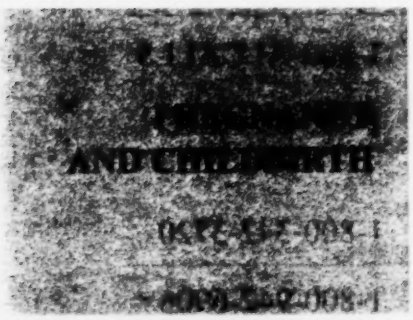
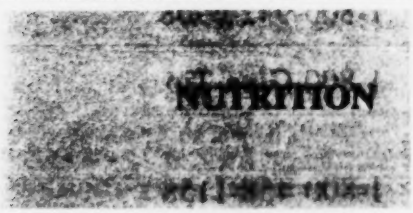
FOR MORE INFORMATION

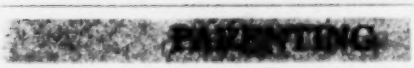
Single copies of the following publications are available, free-of-charge, from the New York State Health Department:



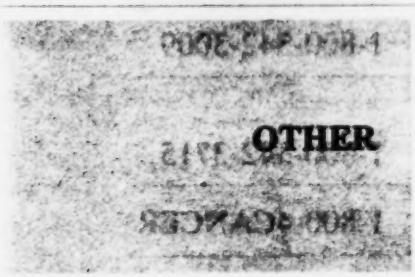
- Your Guide to a Healthy Pregnancy
- Your Guide to a Healthy Birth
- So, You're Going To Be a Father
- If You're a Smoker Who's Pregnant
- Healthy Baby Calendar
- AIDS: Having a Baby?



- Help Your Baby To a Healthy Start
- The First Twelve Months
- Is WIC For You?
- A Mother's Guide to Breastfeeding



- Welcome to Parenthood: A Family Guide



- Women and AIDS
- You and Your Medical Records
- New York State Official Immunization Card
- Child Safety Seats
- IHAP (Infant Health Assessment Program)

Send a postcard, including the name of the publication, and your name and address to:

Healthy Babies
Box 2000
Albany, New York 12220

New York State Human Services

TOLL-FREE 800-NUMBERS

AIDS Hotline:	1-800-541-AIDS
Alcohol Hotline:	1-800-ALCALLS
Alien Hotline:	1-800-87-ALIEN
Child Abuse Hotline: (for reporting only)	1-800-342-3720
Domestic Violence Hotline:	1-800-942-6906
(Spanish)	1-800-942-6908
Drug Reporting Hotline:	1-800-Give-Tip
Environmental Health Information Hotline:	1-800-458-1158
Healthy Baby Hotline:	1-800-522-5006
Income Maintenance Hotline:	1-800-342-3009
Social Services Department Information Hotline:	1-800-342-3715
Stop Smoking Hotline:	1-800-4CANCER
Substance Abuse Information and Referral:	1-800-522-5353
Women, Infants and Children Supplemental Food (WIC):	1-800-525-2521

THE DECADE OF THE CHILD

State of New York
Mario M. Cuomo, Governor

Department of Health
David Axelrod, M.D., Commissioner

Citizens Task Force on Child Abuse and Neglect
Matilda R. Cuomo Cesar A. Perales
Co-Chairs

Pre- and Post-natal Parent Education Hospital Program

2936

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